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# CCCOA NEWS

Calhoun County Committee on Aging

Post Office Box 619

Grantsville, WV 26147

Phone: 304-354-7017 Fax: 304-354-6859

## December

- Dec. 3rd      Begin taking Mittens for Mitten Tree
- Dec. 5th      Roane Home Care Bingo 11:00am
- Dec. 6th      Christmas Movie Night 6-8pm
- Dec. 7th      Big Bingo 10:30am  
EVERGREEN EXPO 5-7pm  
Christmas Parade 7pm
- Dec. 8th      Pettyville Shopping Trip
- Dec. 12th     Christmas Crafts 9:30am
- Dec. 14th     Christmas Movie Day 9:30am
- Dec. 19th     Christmas Carols CCCOA Choir 10:30am  
Mitten Tree Deadline  
Ugly Sweater Contest/Covered Dish Birthday Dinner  
**NO BINGO WILL BE PLAYED TODAY!**
- Dec. 20th     Christmas Dinner/Santa Pictures 11:30am  
Cookie Exchange/Christmas Sock Exchange
- Dec. 21st     Genesis Bingo 11:00am
- Dec. 25th     **MERRY CHRISTMAS-CENTER IS CLOSED!**
- Dec. 28th     SHIP Rep. 10:45am

Bible Study every Tuesday at 10:15am  
Choir Practice every Wednesday at 10:30am



# December 2018 Grantsville Events

- Dec. 3rd, Mon.      **Begin taking Mittens for Mitten Tree**
- Dec. 4th, Tues.    **Bible Study 10:15am**
- Dec. 5th, Wed.     **Roane Home Care Bingo 11:00am**
- Dec. 6th, Thurs.   **Christmas Movie Night 6-8pm**
- Dec. 7th, Fri.      **Big Bingo**  
**EVERGREEN EXPO 5-7pm**  
**Christmas Parade 7pm**
- Dec. 8th, Sat.      **Pettyville Shopping Trip**
- Dec. 10th, Mon.    **“Healthy Me”**
- Dec. 11th, Tues.   **Bible Study 10:15am**
- Dec. 12th, Wed.    **Christmas Crafts 9:30am**  
**Choir Practice 10:30-11:00am**
- Dec. 14th, Fri.     **Christmas Movie Day 9:30am**
- Dec. 18th, Tues.   **Bible Study 10:15am**
- Dec. 19th, Wed.    **Christmas Carols CCOA Choir 10:30 am**  
**Mitten Tree Deadline;**  
**Ugly Sweater Contest;**  
**Covered Dish Birthday Dinner;**  
**NO BINGO WILL BE PLAYED TODAY!**
- Dec. 20th, Thurs. **Christmas Dinner/ Santa Pictures 11:30am**  
**Cookie Exchange**
- Dec. 21st, Fri.      **Genesis Bingo 11:00am**
- Dec. 25th, Tues.    **Merry Christmas—CENTER CLOSED**
- Dec. 26th, Wed.    **Choir Practice 10:30-11:00am**
- Dec. 28th, Fri.      **SHIP Rep. 10:45am**



**Rummy, Yahtzee, Dominos Daily 8:00-11:00am**  
**Bingo will be played daily from 11:00-11:30am unless otherwise stated.**

# December 2018 West Fork Events

- Dec. 3rd, Mon. Cards/Crafts/Line Dancing 10:30-11:30am
- Dec. 4th, Tues. Cards/Board Games 10:30-11:30am  
Food Giveaway at Park
- Dec. 6th, Thurs. Cards/Board Games 10:30-11:30am  
Roane Home Care Bingo 10:00am
- Dec. 10th, Mon. Cards/Line Dancing/Games 10:30-11:30am
- Dec. 11th, Tues. Cards/Board Games 10:30-11:30am
- Dec. 13th, Thurs. Cards/Board Games 10:30-11:30am
- Dec. 17th, Mon. Line Dancing/Cards 10:30-11:30am
- Dec. 18th, Tues. Santa/Gift Exchange 10:30-11:30am
- Dec. 20th, Thurs. Christmas Party, Cookie Exchange 10:30am
- Dec. 24th, Mon. Cards/Line Dancing/Games 10:30-11:30am
- Dec. 25th, Tues. MERRY CHRISTMAS- CENTER CLOSED
- Dec. 27th, Thurs. Nancy with Hospice 10:30-11:30am  
Birthday Dinner/Entertainment 10:30-11:30am



Exercise 9:00-9:30am/Socializing, 9:30-10:00am daily  
Bingo will be played daily from 10:00-10:30am unless otherwise stated.

## \*Find the Needle\*

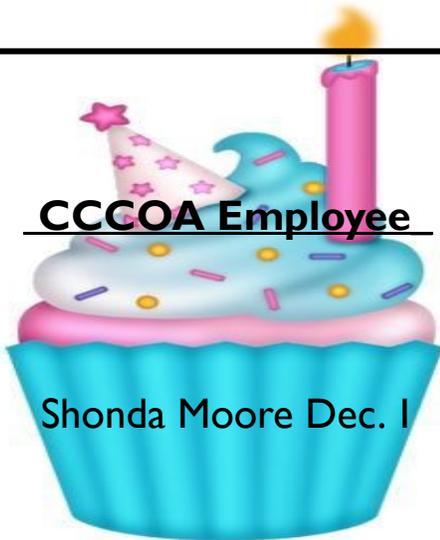
Last month the needle was on page 4. Don't forget to look for the needle in this month's newsletter.

Actual needle size



**December Birthdays**

- Frances "Jean" Miller Dec. 6
- Loretta Stevens Dec. 6
- Steve Norman Dec. 7
- Teresa Harris Dec. 7
- Virginia Neeley Dec.
- Evelyn McCormick Dec. 9
- Eugene Parsons Dec. 12
- Nancy Parsons Dec. 12
- Pete Godfrey Dec. 14
- Linda Patterson Dec. 16
- Stephen White Dec. 19
- Monuey Jarvis Dec. 19
- Robert Fivecoait Dec. 19
- Duane Poling Dec. 21
- Denzil Dye Dec. 24
- Harold Lindsey Dec. 25
- Richard Rupert Dec. 26
- Lyda Harris Dec. 28
- Cleora Newell Dec. 30



November Birthdays

Executive Director  
Rick Poling

Happy Birthday Rick,  
we appreciate all you do!



On Thursday November 1st, Colleen McKown and the West Fork seniors surprised Ruby Laughlin with flowers and a cake for her 90th Birthday party.

Ruby was born November 4th, 1928 and is the daughter of the late Norman and Anna Ash. She is the last of four siblings, having had two sisters and one brother. She grew up on Leatherbark and graduated from Calhoun County High School in 1946.

Ruby married James E. (Bill) Laughlin and was married for 61 years. James was a disabled Veteran and farmed at their home on Spring Run, in Arnoldsburg, West Virginia. Together, they raised one daughter Crystal Meresh, who now resides in Atlanta, Georgia.

Ruby has 2 grandsons (Aaron and Camron), three great grandsons, one great granddaughter, and one great step grandson. She enjoys her time at home spent with family and favorite dog, Sophie. She also enjoys embroidering quilts and doing word search puzzles, as well as spending time with her friends at the West Fork site.

Happy Birthday Ruby!!



Pictured above is Ruby Laughlin celebrating her 90th birthday at the WF CCCOA. Not pictured Sue Cottrell



Korean War Veterans:  
Harold Craddock, Guy Boggs, Roy Pursley  
(pictured above)



WWII Veteran: Odus Miller  
(pictured above)



Vietnam Veterans:  
Back Row– Carl Shaw, Steve Norman,  
Richard Martz, Joe Marks, Dennis Dickson,  
Starling Holbert, Donald Walker,  
Larry Swisher,  
Front Row– Jim Welch,  
David Carter  
(Pictured Above)



USMC– Britian Kinder  
Not Active Duty

**2018 West Virginia Festival Schedule  
December**

11/23-12/16 (weekends)	Christmas in Shepherdstown- Shepherdstown
12/8	Feast of the Seven Fishes– Fairmont
12/31	Downtown Countdown- Princeton
12/31	Lemon Drop “New Year’s Eve Celebration- Bluefield

**Activities in the Area**

<b>12/6</b>	<b>Movie Night @ the CCCOA begins at 6 p.m.</b>
<b>12/7</b>	<b>EVERGREEN EXPO. begins at 5 p.m.</b>
<b>12/7</b>	<b>Annual Grantsville Christmas Parade 7:00 p.m.</b>

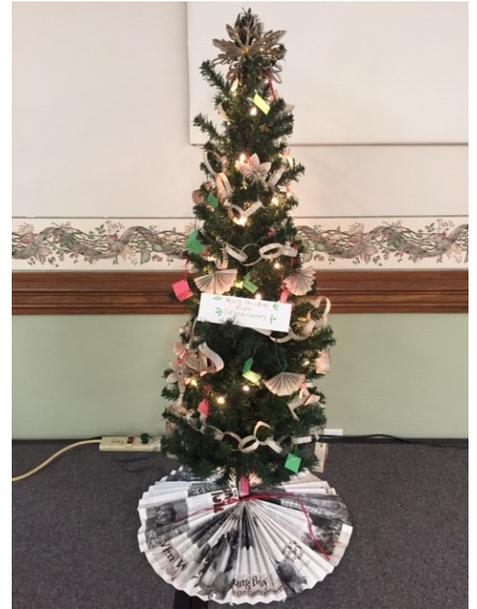
**• FREE •**

**MOVIE NIGHT**

**Thursday, December 6th, 2018**

<p><b>Featured Movie:</b> <b>HOME ALONE</b> <b>Rated: PG</b></p>	<p><b>CCCOA—105 Market Street</b> <b>Grantsville, WV 26147</b> <b>@ 6:00 p.m.</b> <b>Free General Admission</b></p>	<p><b>Concessions available for a small fee.</b></p>
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We would like to thank everyone for entering a tree in this years 1st Annual Evergreen Expo event.

We truly have some creative and beautiful trees up for auction!

Remember to Join Us.... December 7th @ 5p.m., you can be the proud owner of one of these trees!

It's cold and it's snowy because it's December  
But a friend of mine named Carol and I had our Christmas in November  
It was the 24th of the month on a Saturday  
The weather was bad as it was cloudy, rainy, and gray  
But as we walked down the road to spend a fun filled day  
A village we saw and the years flew away  
The chapel was decorated for wedding but here are the facts  
The wind was really whistling through all the cracks  
The post office was fine and busy because  
Letters were being written to Santa Claus  
The store was full of goodies to buy  
A good brownie and chocolate fudge- Oh, My!  
It was warm in the store and I began to think about it.  
Did they have kerosene and electric heaters back then? I doubt it.  
The schoolhouse was warm with the pot-bellied stove burning  
It was full of children as old-fashioned crafts they were learning.  
In a kettle over a fire the popcorn was going POP! POP!  
OH, wait there's Santa. We have to stop.  
The blacksmith shop was all ready for His birth  
He would arrive to bring joy to this earth.  
The cabin was busy with lots of people making tassels for the tree.  
But, Oh, my goodness, how could they see?  
The fire in the fireplace was burning so bright  
The oil lamps were lit but didn't give off much light  
The vendors were there with goat milk soaps and lotion and baskets galore should you take a  
notion  
Hand carved wood items, gloves, scarves, or even a hat made of alpaca wool. How about that?  
The tree lighting was a sight to behold and the program was inspiring if it be told  
The costumes were neat, and the jigs were a treat.  
Put the mud and the wet leaves aside for awhile and think of your experience- trust me you'll  
smile.

Thank you historical society. It was a fun day.  
Till next month,  
Merry Christmas to all and Happy New Year!  
~Judy~

## Upcoming Day Trips!

**Spencer Shopping Trip-December 8th**  
**Depart @ 8:30am**  
**Trip must be paid for at time of reservation!**

For further details contact Cindy Cottrell  
 @ 304-354-7017.

Seating is limited, we ask that you  
 pay for the trip when signing up.



## Apple Walnut Stuffed Pork Roast

"An apple-walnut-breadcrumb stuffing is wrapped inside a pork roast, making an easy to cook and serve meal."

### Ingredients

5 tablespoons butter  
 1 apple - peeled, cored, and chopped  
 1 small onion, chopped  
 1 celery stalk, diced  
 1/2 cup chopped walnuts  
 1 cup unsweetened applesauce  
 1 1/2 cups water  
 5 cups coarse dry breadcrumbs  
 1/2 teaspoon ground cinnamon  
 1/2 teaspoon kosher salt  
 1/4 teaspoon ground cloves  
 1/4 teaspoon ground nutmeg  
 1/4 teaspoon ground ginger  
 Kosher salt and fresh ground pepper to taste  
 1 (3 pound) boneless rolled pork loin roast



### Directions

Preheat oven to 325 degrees F (165 degrees C).

Melt the butter in a medium saucepan over medium heat. Stir in the apple, onion, celery, and walnuts, and cook 5 minutes, until vegetables are tender. Mix in the applesauce, water, and breadcrumbs. Cook and stir until the breadcrumbs have absorbed the liquid. Season with cinnamon, kosher salt, cloves, nutmeg, and ginger.

Unroll the pork roast, and place in a baking dish. Season with salt and pepper to taste. Spoon the stuffing mixture over the roast. Arrange any excess stuffing around the roast. Roll the roast so that the fatty side is on top, and tie with kitchen twine.

Bake 45 to 50 minutes in the preheated oven, to an internal temperature of 145 degrees F (63 degrees C).

### Congregate Nutrition Program

Hot, nutritious meals are provided Monday through Friday at 11:30 a.m. at 105 Market Street, Grantsville, WV 26147.

Donation scale is as follows:  
60 and over, or disabled  
Monthly income \$700.00 or less- \$1.25  
\$701.00-\$800.00 - \$1.50  
\$801.00 - \$900.00 - \$1.75  
\$901.00 and above - \$2.00

Under 60 yrs of age \$5.25

Homebound residents can receive meals delivered to their home through the Meals on Wheels program. Please call 304-354-7017 and ask for Cindy Cottrell for more information.

### Ensure Program

Pick up times are from 8:00 am to 3:00 pm  
Please call 304-354-7017 and ask for Cindy Cottrell, to check availability of flavors and quantity.



### Fitness Room

The CCCOA has a wonderful fitness room available to those 60 and older, or disabled.

Hours of operation  
Monday - Friday  
8:00 am -2:30 pm

If you would be interested in volunteering to teach an exercise class, please call 304-354-7017.



### EMPLOYMENT OPPORTUNITY

Are you a caring individual searching for a position in the health care industry?

The CCCOA is accepting applications for our in-home care programs. You must be 18 years of age to apply, have reliable transportation, and be able to pass a state and federal background check. We provide CPR/First Aid Training, OSHA, HIPPA, Elder Abuse, and various other in-home care training for our caregivers.

Inquiries please call 304-354-7017, and ask for Opal Harris.



## Do you need assistance in your own home?

The Calhoun County Senior Center has several programs to provide in-home services including: Lighthouse, Respite, Medicaid Waiver, Personal Care, Veterans and Private Pay.

Our In-Home Personal Care Programs provide hands-on services to those whom are medically and financially eligible. Determination of eligibility is based on the completion of a medical assessment. Once guidelines are reviewed and eligibility is determined, the client will be provided with a personal care provider.

Our staff is dedicated to our clients' well-being and to keeping them healthy and in their home for as long as possible. Aides are trained in CPR, and First Aid, and it is mandatory that our caregivers attend classes for continuing health education.

In addition, all our aides receive a state-to-state background check and fingerprinting check.

If you or a friend or loved one are in need of services, please give us a call. We are here to be at your service. Do not hesitate to ask questions about eligibility or guidelines.

For more information and assistance please call Opal Harris,  
In-Home Services Coordinator  
@ 304-354-7017.

Email: [oharris@cccoa-wv.org](mailto:oharris@cccoa-wv.org) or stop by the  
Calhoun County Committee on Aging  
located at  
105 Market Street, Grantsville, WV 26147

# Fun Page

## Winter Holiday Caroling

**Instructions:**

Unscramble these puzzles to learn the locations of each shop to use your "Caroling" SpeedChat phrases for a "cool" reward -- a snowman head for your Toon!



**Toontown Central - Silly Street**

YOJ UBRSZZE OT EHT ORLDW  
[ ] [ ]



**Donald's Dock - Seaweed Street**

FITSG ITHW A POISEPOR  
[ ] [ ]

**Daisy Gardens - Elm Street**

NIPE EEDNEL RFTCAS  
[ ] [ ]

**Minnie's Melodyland - Alto Avenue**

HAVSE DNA A AIRHCUT OFR A ONGS  
[ ] [ ]

**The Brrrgh - Polar Place**

NOSWMAN'S ALND  
[ ] [ ]



**Donald's Dreamland - Pajama Place**

ALTKING NI OURY ELEPS OICEV  
[ ] [ ]

RAINTING

[ ] [ ]

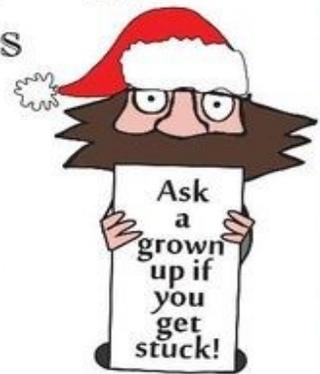


# Fun Page

## Christmas Carols

Can you fill in the missing words in these merry melodies?

- ❁ I'm dreaming of a \_\_\_\_\_ Christmas
- ❁ Have yourself a \_\_\_\_\_ little Christmas
- ❁ Silent night, \_\_\_\_\_ night
- ❁ Here comes \_\_\_\_\_
- ❁ Jingle bells, jingle bells, \_\_\_\_\_ all the way
- ❁ O little town of \_\_\_\_\_
- ❁ Rudolf the red nose \_\_\_\_\_
- ❁ Let it \_\_\_\_\_, Let it \_\_\_\_\_ Let it \_\_\_\_\_
- ❁ \_\_\_\_\_ around the Christmas tree
- ❁ \_\_\_\_\_ the snowman was a jolly happy soul
- ❁ We \_\_\_\_\_ you a Merry Christmas
- ❁ O come all ye \_\_\_\_\_
- ❁ We three \_\_\_\_\_ of Orient are
- ❁ Hark! The Herald \_\_\_\_\_ sing
- ❁ \_\_\_\_\_ to the world
- ❁ Do they know it's \_\_\_\_\_ time at all
- ❁ God rest ye \_\_\_\_\_ gentlemen



# DECEMBER 2018

MON	TUE	WED	THU	FRI
				
<b>3</b> A1 Steak Mashed Potatoes Broccoli Pineapples Whole Wheat-Bread	<b>4</b> Seasoned Pinto Beans Onions Chopped Mandarin Oranges Kraut Cornbread	<b>5</b> Seasoned Oven Baked Chicken Mashed Potatoes Gravy Peas Roll	<b>6</b> Creamed Tomatoes Boiled Potatoes Apples Biscuit	<b>7</b> Vegetable Soup Peaches Peanut Butter Sandwich Milk
<b>10</b> Rib Sandwich Tater Tots Fruit	<b>11</b> Turkey Split Mashed Potatoes Gravy Peas Fruit	<b>12</b> Meat Loaf Scalloped Potatoes Broccoli Whole Wheat Bread	<b>13</b> Northern Beans Cornbread Onion Peachy Crisp	<b>14</b> BBQ Chicken Potato Salad Pineapples Bun
<b>17</b> Pizza Corn Fruit	<b>18</b> Pork Chop Dressing Broccoli Fruit Cocktail Whole Wheat Bread	<b>19</b> Beef Macaroni Carrots Fruit  Christmas Caroling /G. Birthday Dinner	<b>20</b> Ham Green Beans Sweet Potatoes Cake  Christmas Dinner	<b>21</b> Chili Apple Sauce Cheese Salad Sandwich
<b>24</b> Broccoli Soup Apple Crisp Milk	<b>25</b> CENTER CLOSED FOR CHRISTMAS	<b>26</b> Chicken Patty/Bun French Fries Fruit	<b>27</b> Salisbury Steak Brown Gravy Long Grain Rice/Peas/Fruit Whole Wheat Bread  WF B-Day Dinner	<b>28</b> Lasagna Spinach Mushroom Salad Whole Wheat Garlic Toast Applesauce  SHIP Rep.
<b>31</b> Cabbage Roll Mashed Potatoes Green Beans Roll		MILK AND MAGARINE SERVED DAILY		MENU SUBJECT TO CHANGE WITHOUT NOTICE

# CCCOA Business Page

Executive Director: Rick Poling

### Board of Directors

- Roger Jarvis— President
- Pamela Gainer— Vice-President
- Dottie Rader— Secretary
- Edward Lawaty— Treasurer
- Launa Butler
- Carroll McCauley
- Barbara Roberts
- Patti Hicks
- Roberta Wilson



The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

Some services provided to Calhoun County Senior Citizens by CCCOA include:

- |                        |                      |
|------------------------|----------------------|
| Congregate Meals       | Transportation       |
| Meals on Wheels        | In-Home Care         |
| Satellite Site Minnora | Medicare Counseling  |
| Trips and Excursions   | Book lending Library |
| Daily Activities       | Exercise Room        |
| CCCOA News newsletter  | Social Support       |
| Internet Café          | Health Fairs         |

*And much more, Contact CCCOA to learn what is available for you.*

### CCCOA News, a publication of Calhoun County Committee on Aging, Inc.



The CCCOA News will strive to report and provide accurate information at all times. If any information printed is inaccurate or items omitted we apologize. Corrections will be printed in the next issue as needed.

CCCOA News is published and printed by CCCOA and is

printed on the first business day of each month, or as close to that as possible.

Menus published here are prepared by CYGNET Menu Management System.

Projects provided by funding from WV B.O.S.S., North West Area Agency on Aging, CCCOA Inc.

Please direct any questions or comments concerning the CCCOA NEWS to Rick Poling, Executive Director

Calhoun County Committee on Aging (CCCOA), an agency providing services to senior citizens of Calhoun County, WV. CCCOA is committed to serving the Senior Citizens (age 60 and over) of Calhoun County, to providing the highest quality services and to be advocates for the greater good of the people we serve. Services are provided equally and without discrimination to all who qualify for said services.

### Grantsville Center

105 Market Street  
Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm  
Monday through Friday  
Phone: 304.354.7017  
Fax: 304.354.6859  
Mailing: Post Office Box 619  
Grantsville, WV 26147



### West Fork Center

121 Milo Road  
Minnora, West Virginia 25261

Hours: 9:00am - 2:00pm  
Monday, Tuesday, Thursday  
Phone: 304.655.8805  
Fax: 304.354.8805  
Mailing: Post Office Box 619  
Grantsville, WV 26147





Calhoun County Committee on Aging  
PO Box 619  
Grantsville, WV 21647

To Contact CCCOA:  
Phone: 304-354-7017  
Fax: 304-354-6859  
Email: [office@cccoa-wv.org](mailto:office@cccoa-wv.org)



Calhoun County Committee on Aging Inc.